

Reflection on Practice



Professionals invest time and effort to maintain expertise within the context of an ever changing knowledge base. It is necessary for professionals to have the skills to engage in self directed learning and knowledge seeking practices. This activity seeks to understand what practices you use to continuously learn and update knowledge skills and judgement that may result in a positive change in practice behaviour.

Taking the time to reflect on a learning event can be valuable and especially so when shared with a peer or colleague. In this activity you are encouraged to find opportunities to have a discussion with a peer/colleague around any examples of learning that has occurred throughout your career.

1. Discuss a course or conference attended, or other learning activity.

- a. What did you learn?
- b. How did it influence or change your practice?

2. Discuss a patient case where you struggled to provide a solution to the presenting problem. Reflection involves activities such as trying to understand *why* a patient's health state did not improve as expected or deteriorated in the way it did or *why* a social interaction went particularly well.

Exploring these sorts of “why” questions may very well prove to be an effective strategy that can lead to better understanding of practice.

- a. What did you do?
- b. How did you address the problem and form a solution?

3. Discuss any peer/colleague interaction or discussion that has influenced or changed your practice in some way.
 - a. How did the new information influence or change your practice?
 - b. What affect has this had on patient care?